



# De effectiviteit van Acceptance en Commitment Therapie in het Dagelijks Leven (ACT-DL) bij vroege psychose: de resultaten van de INTERACT studie

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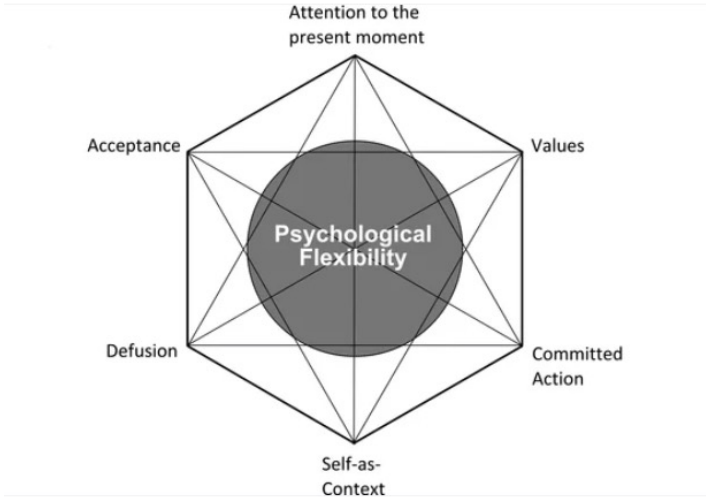
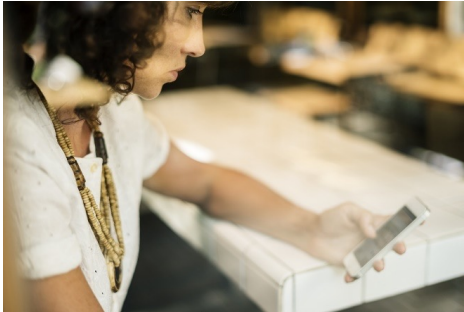


**ACT-DL**

**Blended care intervention =**

Face-to-face sessions +

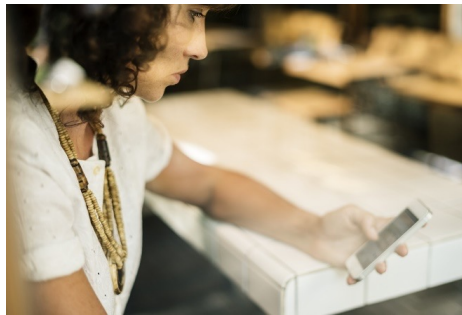
**Ecological Momentary Intervention**



# INTERACT



8 sessions

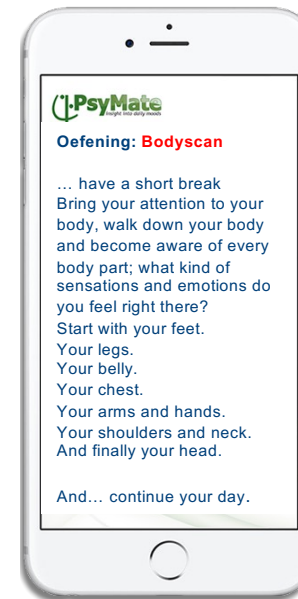


ACT-DL

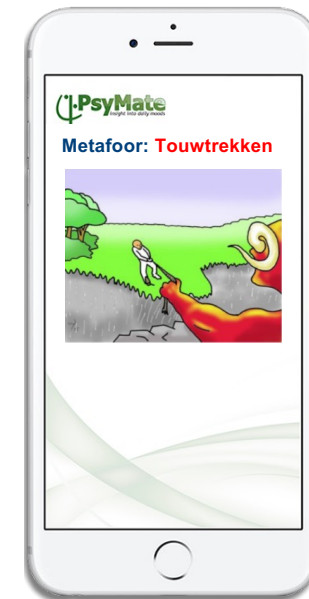
8 beeps/ day for 3 days



Beep Questionnaires



ACT exercises



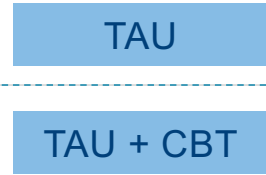
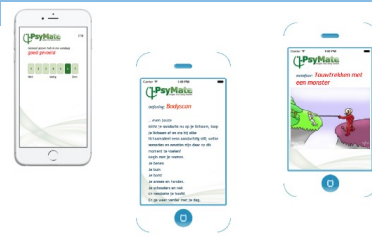
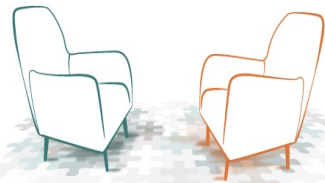
ACT metaphors

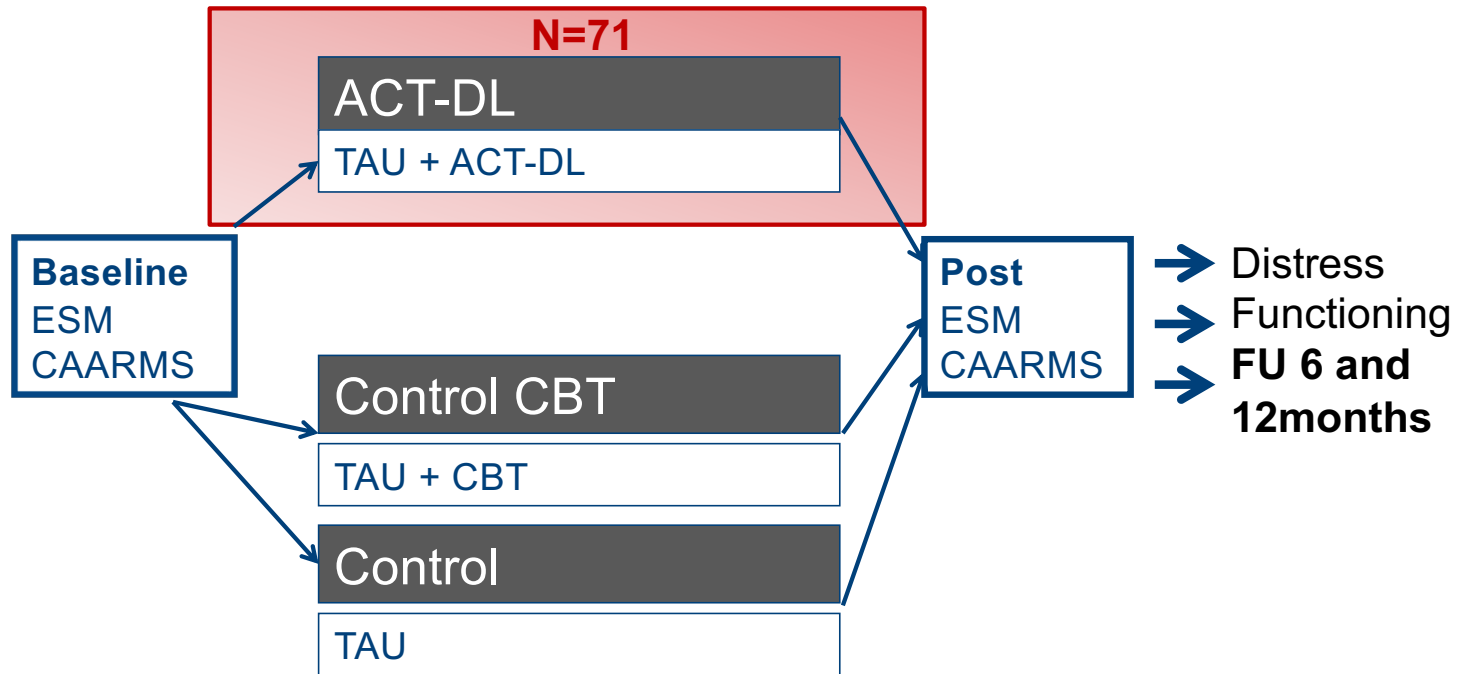
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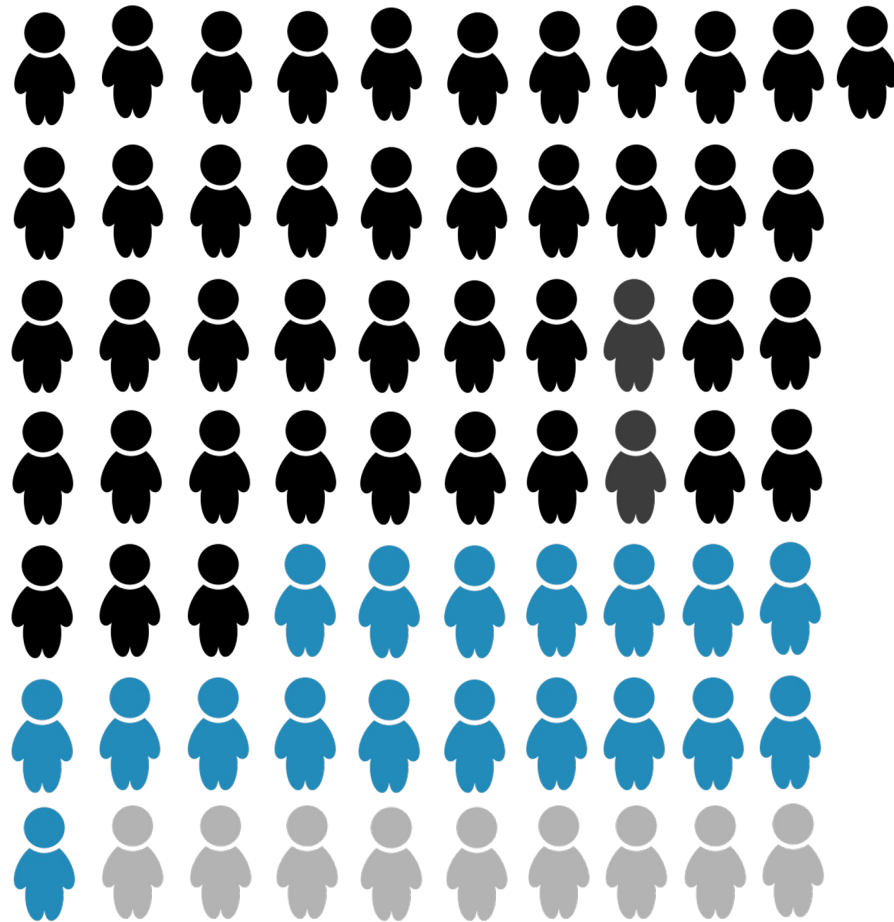
# INTERACT



- **TAU in The Netherlands**
  - Assertive Community Treatment
  - Individual therapy, mostly CBTp
  - Pharmacological treatment
  
- **TAU in Belgium**
  - Individual counselling
  - Group therapy
  - Pharmacological treatment










**ACT-DL face-to-face**  
**8 sessions**

Mean 6 (SD=3) / 8 sessions

-  **Completers: all sessions**  
N=44 (62%)
-  **Non-completers: 0 sessions**  
N=9 (13%)
-  **Non-completers: 1-7 sessions**  
N=18 (25%)

# Qualitative research – the meaning of ACT

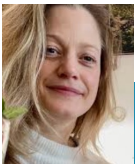
17 interviews in individuals from the ACT-DL group 6 months after the end of the trial

## ACCEPTANCE

*ACT added something because I had never [...] this way of looking at it, it felt good. To approach the thought instead of fighting it.*

*ACT differs between having or feeling pain and suffering from it. I do not suffer from it anymore.*

*When I accept my fears and all the other things that troubled me back then, I feel weak, and I wonder if that is necessary or helpful. [...] This has been a struggle during ACT therapy.*



Bouws et al, Early Intervention in Psychiatry, 2023

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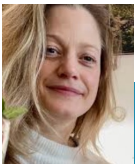
# Qualitative research – the meaning of ACT

ACCEPTANCE

## COGNITIVE DEFUSION

*I like to look at it as leaves passing you, floating on a river [ACT exercise session 3]. You can observe thoughts without having to do something with them.*

*Also for me [ACT was about], sometimes your thoughts run away with you, and when you give your thinking a name, you can talk to it: [name] I do not like what you are doing now.*



Bouws et al, Early Intervention in Psychiatry, 2023

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# Qualitative research – the meaning of ACT

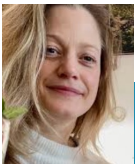
ACCEPTANCE

COGNITIVE DEFUSION

## CONTACT WITH THE PRESENT MOMENT

*The grounding, I still do it each morning. Instead of immediately getting dressed, I sit on the edge of my bed, waking up [...], looking back on the night I had, often with terror-dreams I really must shake off. Just feet on the ground and doing my breathing exercises.*

*I learned to pace and enjoy the present*



Bouws et al, Early Intervention in Psychiatry, 2023

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# Qualitative research – the meaning of ACT

ACCEPTANCE

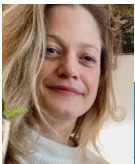
COGNITIVE DEFUSION

CONTACT WITH THE PRESENT  
MOMENT

## VALUES AND COMMITTED ACTION

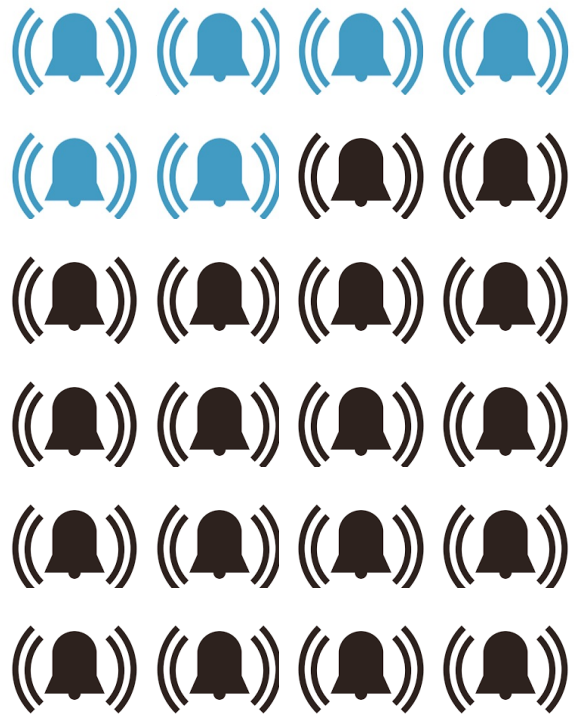
*What stuck with me the most from ACT therapy, was this sheet with boxes on it, with different areas of focus, like family, relationships, social life, spirituality, health. You had to score how important an area of focus was for you and how much time and attention you gave to this area. This has really opened my eyes. I was spending a lot of time on things that are not that important to me, like my boyfriend, and little time on things that are important to me, like family and friendships.*

*For example, autonomy, this is very important to me, but I kind of lost this during that relationship [with my ex], and now I am reclaiming it. For example, at work, I am bolder, because now I know, this is important to me, so I have to act on it.*

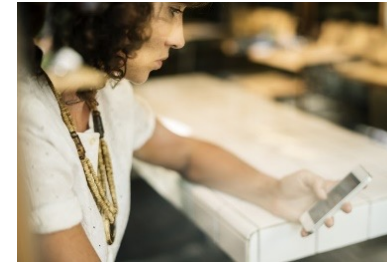


Bouws et al, Early Intervention in Psychiatry, 2023

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3 days/week, 8 beeps/day



ACT-DL app

6/24 beeps

Adherence: 25%

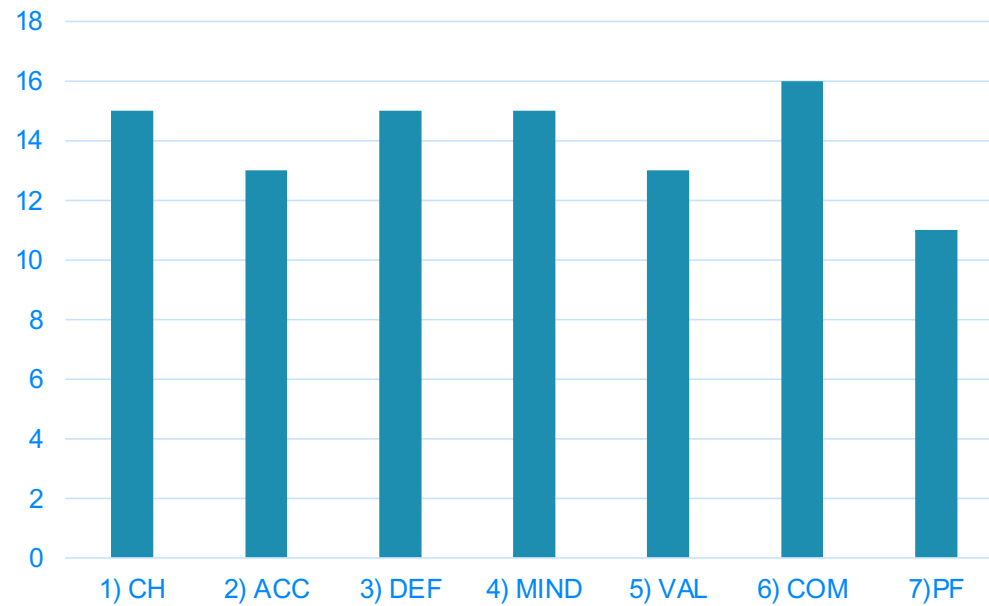


Van Aubel et al, submitted

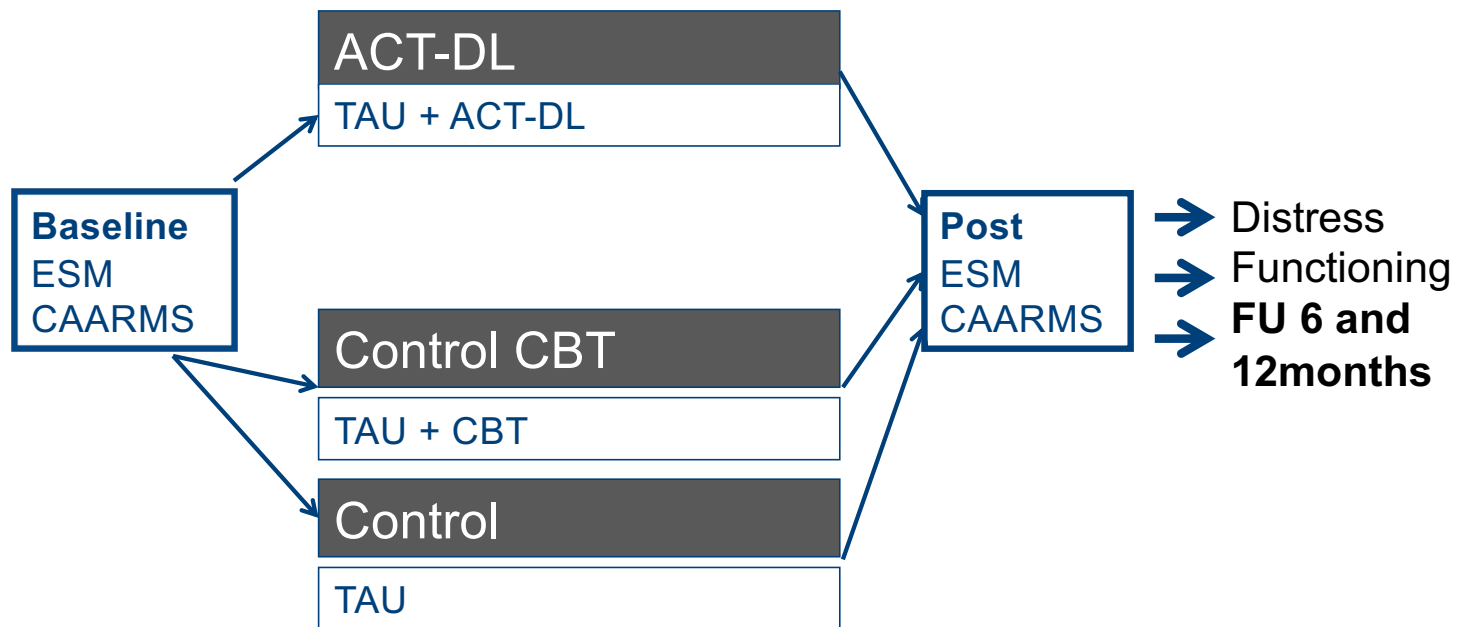
# Adherence



Number of interactions with the app



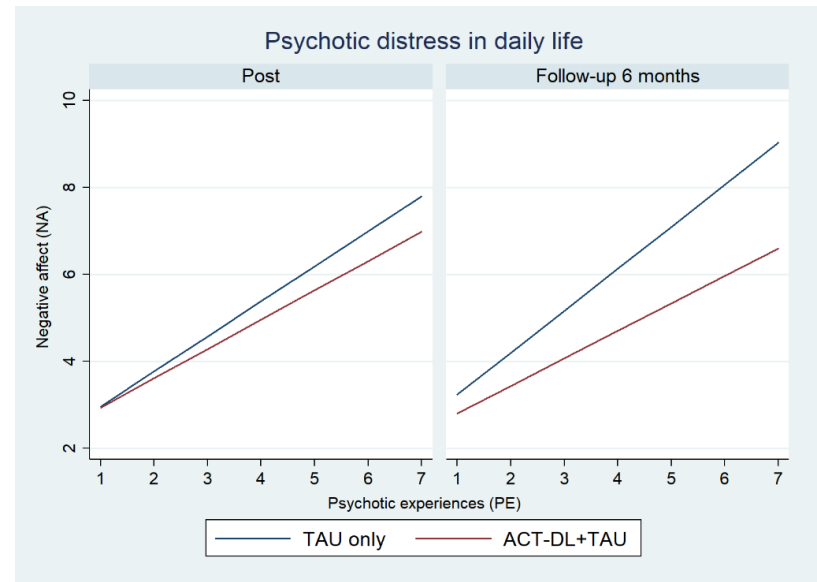
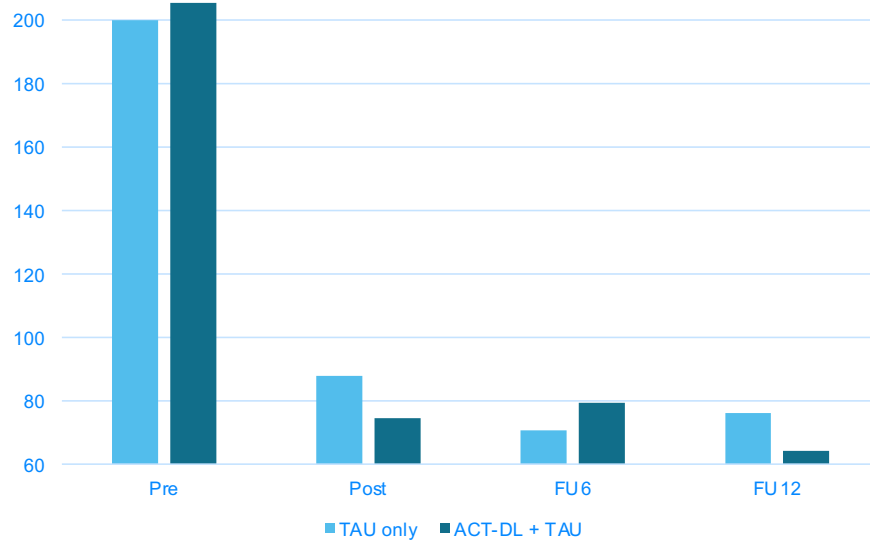
Van Aubel et al, submitted



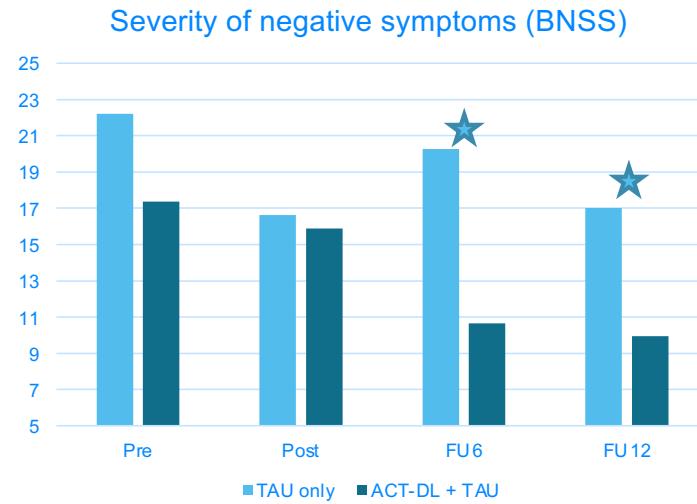
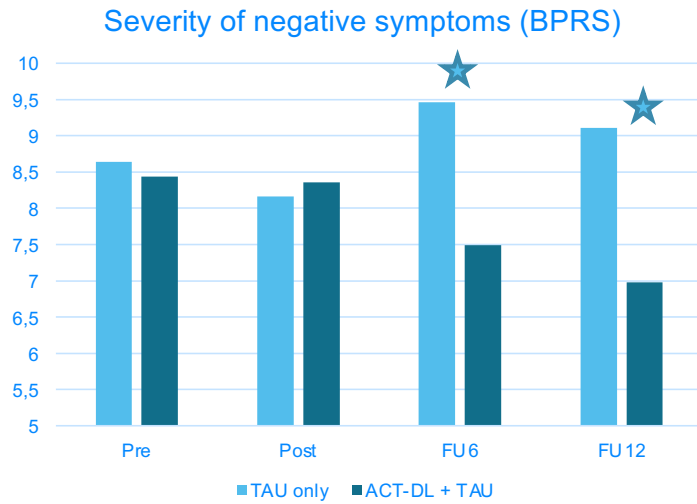
# Efficacy



### Psychotic distress (CAARMS)



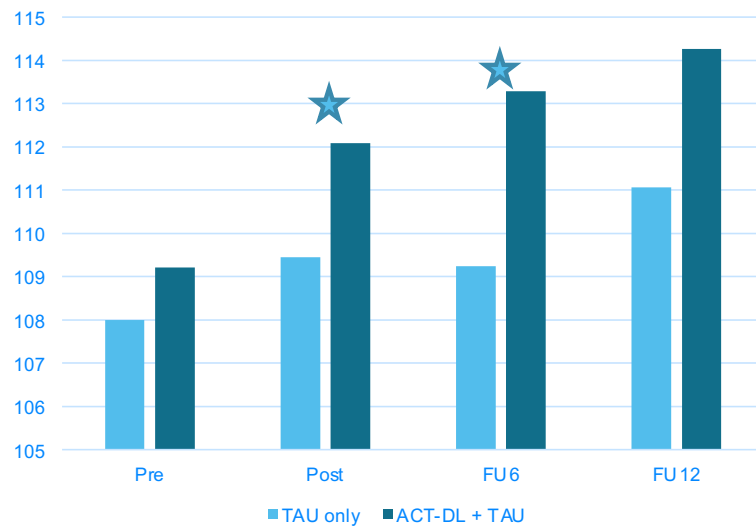
# Efficacy



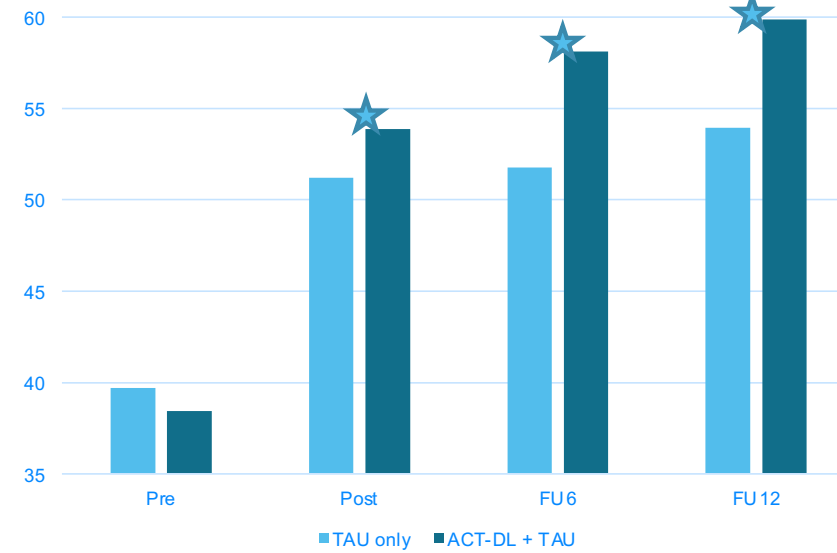
# Efficacy



Self-reported social functioning (SFS)



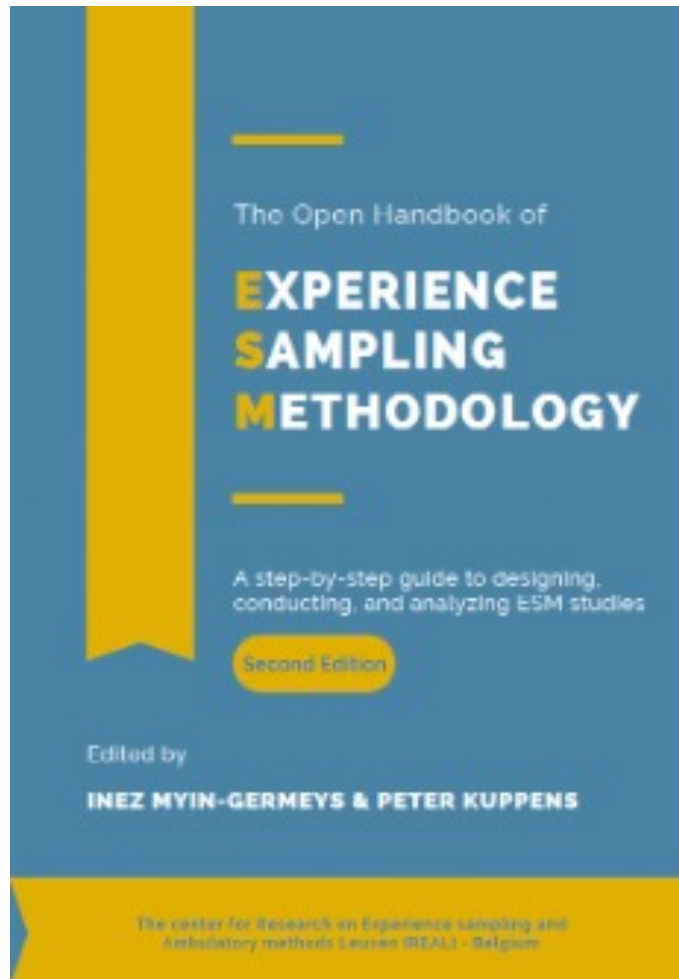
Global functioning (SOFAS)





## To conclude

- **ACT-DL** is **feasible and acceptable** in people in the early stages of psychosis.
- Participants understood the core **concepts of ACT**
- The **blended care intervention** seemed a core strength
- **ACT-DL** was particularly helpful to improve **negative symptoms** and **global functioning**
- The participants provided excellent feedback on how to **improve ACT-DL**



<https://www.esmitemrepository.com/>

<https://www.kuleuven.be/samenwerking/real/real-book/index.htm>

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